

Examination of Mothers' Metaemotion Philosophy in Relation to Children's Problem Behaviors

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Introduction

❖ Parental meta-emotion Philosophy (PMEP)

- Parents' set of feelings and thoughts towards their **own** emotions.
- Parents' set of feelings and thoughts towards their **children's** emotions.

❖ PMEP is a **key player** in children's internalizing and externalizing behaviors.

- This study aims to elucidate how various dimensions in PMEP correlate to **children's problem behaviors**.

Research Questions and Hypotheses

- ❖ **Aim:** Examine maternal emotion socialization and child adjustment outcomes.
- ❖ **Question:** How is PMEP related to children's internalizing and externalizing problems?

Methods and Participant Pool

Metaemotion Interview Methods

Coding Transcribed Interviews

Sadness, Anger, and Fear

Mother's awareness of
her own emotions

Mother's acceptance
of her own emotions

Mother's regulation of
her own emotions

Participant Pool

87 mothers with a mean age of 35.06 years

81.6% of them are white, 11.5% are Black, 6.9% are
other races.

Mothers have a child between the ages of 3-5
years.

45 of the children were girls.

Results and Outcomes

- ❖ **Mothers' awareness ($\beta = 4.90$, $p = .036$) and acceptance of negative emotions ($\beta = 3.90$, $p = .050$)**
 - Positively associated with children's internalizing problems

- ❖ **Mothers' expressivity of negative emotions ($\beta = -6.00$, $p = .013$)**
 - Negatively associated with children's internalizing problems

Discussion and Conclusion

- ❖ Results indicated that parents' PMEP were significantly associated with children's internalizing but not externalizing problems.
- ❖ These findings suggest that PMEP plays a pivotal role in these psychosocial adjustments and growth of children through varying ages.